

# 2020

## Meal on Wheels (MOW) & Congregant Meals (CM)

Wasatch County Senior Center: 435-654-4920

Please Reserve or Cancel Your Meal By 4:00 The Day Before.

**CM: Lunch Served 11:30-12:15/ Breakfast Served at 10:00**

# SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>MOW: MACARONI-N-BEEF</b> , Corn, Pears, Cottage Cheese & Roll  <b>CM: CREAMY CHICKEN PASTA</b> , Green Beans, Applesauce, Cookie & Roll	<b>2</b> <b>MOW: CHEESE ENCHILADA</b> , Tator Tots, Beans, Cantaloupe, Chips & Salsa	<b>3</b> <b>MOW: FISH</b> , Au Gratin Potatoes, Carrots, Tropical Fruit, Tartar Sauce & Roll  <b>CM: BEEF STROGANOFF OVER NOODLES</b> , Peas & Carrots, Peaches, Tapioca Pudding & Roll	<b>4</b> <b>MOW: CHICKEN SALAD SANDWICH</b> , Potato Salad, Fruit & Chips
	<b>8</b> <b>MOW: CHICKEN CORDON BLEU</b> , Potatoes & Gravy, Peas, Mixed Fruit & Roll  <b>CM: SALISBURY STEAK</b> , Potatoes, Peas, Pears & Roll	<b>9</b> <b>MOW: LASAGNA</b> , Corn, Pears, Cottage Cheese & Garlic Toast	<b>10</b> <b>MOW: HAM</b> , Mac & Cheese, Pork-N-Beans, Applesauce, Cookie & Roll  <b>CM: PARMESAN CHICKEN</b> , Red Potatoes, Broccoli, Tropical Fruit & Roll	<b>11</b> <b>MOW: CHEF SALAD W/ RANCH</b> , Orange Wedge & Crackers
<b>14</b> <b>MOW: CHICKEN STRIP</b> , Tator Tots, Corn, Pears & Roll	<b>15</b> <b>MOW: CHICKEN CHOW MEIN OVER NOODLES</b> , Fried Rice, Broccoli, Orange Wedge & Roll  <b>CM: ***Breakfast @ 10:00** BISCUIT &amp; GRAVY</b> , Hashbrowns, Eggs, Ham, Fruit & Juice	<b>16</b> <b>MOW: TUNA CASSEROLE</b> , Peas, Tropical Fruit & Roll	<b>17</b> <b>MOW: CHICKEN MALIBU</b> , Potatoes & Gravy, Carrots, Mixed Fruit & Roll  <b>CM: Ground Round</b> , Potatoes & Gravy, Corn, Mixed Fruit & Roll	<b>18</b> <b>MOW: SALISBURY STEAK</b> , Potatoes, Green Beans, Peaches & Roll
<b>21</b> <b>MOW: CHICKEN PARMESAN</b> , Rice Pilaf, Mixed Vegetables, Pears & Roll	<b>22</b> <b>MOW: BEEF STROGANOFF OVER NOODLES</b> , Green Beans, Tropical Fruit & Roll  <b>CM: *TACO TUESDAY* TACO SALAD</b> , Orange Wedge, Chips & Salsa	<b>23</b> <b>MOW: MEAT LOAF</b> , Potatoes & Gravy, Peas, Peaches & Roll	<b>24</b> <b>MOW: PORK CHOP</b> , Potatoes & Gravy, Carrots, Applesauce, Cookie & Roll  <b>CM: CRUNCH TOP HAM &amp; POTATO CASSEROLE</b> , Mixed Vegetables, Pineapple Chunks & Roll	<b>25</b> <b>MOW: STUFFED GREEN PEPPER</b> , Red Potatoes, Green Beans, Cantaloupe & Roll
<b>28</b> <b>MOW: CHICKEN CUTLET</b> , Potatoes & Gravy, Peas, Peaches & Roll	<b>29</b> <b>MOW: SWEDISH MEATBALLS OVER NOODLES</b> , Green Beans, Fruit Cocktail & Roll  <b>CM: FISH</b> , Au Gratin Potatoes, Carrots, Jell-O W/ Fruit, Tartar Sauce & Roll	<b>30</b> <b>MOW: ROAST PORK</b> , Potatoes & Gravy, Carrots, Applesauce & Roll		

**SUGGESTED MEAL DONATIONS** The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00